## WHAT IS CLAIMED IS:

1. A holder for assisting in holding a paint container, comprising:

a sleeve adapted to receive a thumb of a hand; and a retainer connected to said sleeve adapted to retain a handle of a paint container and allow a weight of the paint container to be transferred to a remainder of the hand supporting at a bottom of the paint container.

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- 2. A holder as set forth in claim 1 wherein said sleeve is generally cylindrical in shape.
- A holder as set forth in claim 1 wherein said
  sleeve is generally tubular in shape.
  - 4. A holder as set forth in claim 1 wherein said sleeve extends longitudinally to form a hollow interior.
- 5. A holder as set forth in claim 4 wherein said sleeve has at least one open end adapted to allow the thumb of the hand to extend into said hollow interior.
- 6. A holder as set in claim 1 wherein said sleeve

- 7. A holder as set forth in claim 1 wherein said sleeve is made of a flexible material.
- 8. A holder as set forth in claim 7 wherein said sleeve is made from a strip of material extending longitudinally.
  - 9. A holder as set forth in claim 1 including a fastener for fastening longitudinal ends of said strip of material together to form said sleeve.
  - 10. A holder as set forth in claim 1 wherein said retainer has a general "U" shape.
- 11. A holder as set forth in claim 1 wherein said retainer is made of a spring material.
- $G_{\mu}(A^{2})$  12. A holder as set forth in claim 1 wherein said retainer has a first end and a second end to form a hollow 20 interior.
  - 13. A holder as set forth in claim 11 wherein said first end is connected to said sleeve and said second end is movable relative to said first end.

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14. A holder for assisting in holding a paint container, comprising:

a sleeve extending longitudinally to form a hollow interior with at least one open end adapted to receive a thumb of a hand; and

a retainer connected to said sleeve and adapted to retain a handle of a paint container and allow a weight of the paint container to be transferred to a remainder of the hand supporting a bottom of the paint container.

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15. A holder as set forth in claim 14 wherein said sleeve is generally cylindrical in shape.

16. A holder as set forth in claim 14 wherein said sleeve is made of a rigid material.

17. A holder as set forth in claim 14 wherein said sleeve is made of a flexible material.

18. A holder as set forth in claim 14 wherein said sleeve is made from strip of material extending longitudinally.

19. A holder as set forth in claim 14 wherein said retainer has a general "U" shape.

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- 20. A holder as set forth in claim 14 wherein said retainer is made of a spring material.
- 21. A holder as set forth in claim 14 wherein said retainer has a first end and a second end to form a hollow interior.

22. A holder as set forth in claim 21 wherein said first end is connected to said sleeve and said second end is movable relative to said first end.

## 23. A holder comprising:

a sleeve made of a flexible material having a wall extending longitudinally to form a hollow interior with at least one open end adapted to receive a thumb of a hand; and a retainer made of a spring material connected to said wall of said sleeve and adapted to retain a handle of a paint container and allow a weight of the paint container to be transferred to a remainder of the hand supporting a bottom of the paint container.